

Breastfeeding

INFORMATION FOR ADULTS WHO CARE ABOUT INFANTS

Why does it matter?

- Human milk provides all the protein, sugar, fat, and vitamins a baby needs to be healthy.
- Breast milk also helps to protect babies against certain diseases and infections.
- Breastfeeding provides physical contact, warmth, and closeness, which help to create a special bond between a mother and her baby.
- The longer a mother breastfeeds, the greater the benefits are to the mother and her baby, and the longer the benefits will last.

Source: American Academy of Pediatrics

In South Dakota...

Did You Know?

Need More Information?

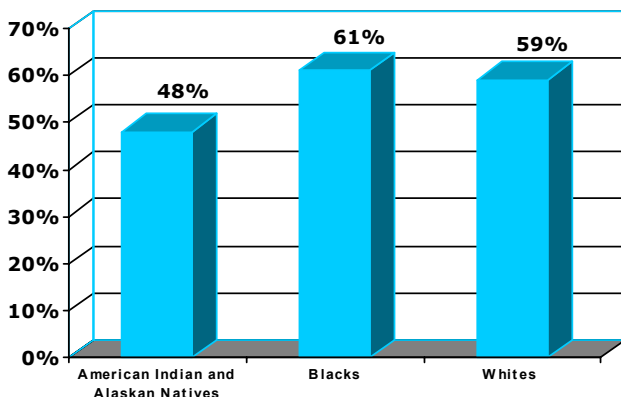
- Breastfeeding is a natural process.
- When a woman becomes pregnant, her body naturally starts to prepare for breastfeeding.
- During the fourth or fifth month of pregnancy, her body is capable of producing milk.
- The first milk called colostrum, is packed with all the nutrients that her newborn baby needs.
- Human milk changes during the time the mother nurses her baby to match the changing needs of her growing infant.

Need more details?

✚ The Healthy People 2010 objective 16-19 is to increase the percent of mothers who breastfeed in early postpartum period to 75 percent, at six months to 50 percent, and 25 percent at one year of age.

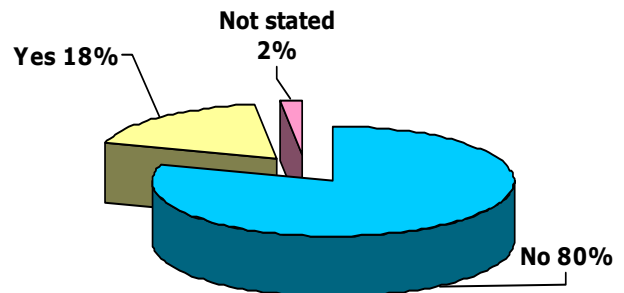
• In South Dakota, the percentage of mothers who were breastfeeding at the time of discharge increased with the mother's age. Also, mothers who desired to be pregnant had a higher percent of breastfeeding compared to those that did not intend the pregnancy. (2001 SD Perinatal Health Risk Assessment Report)

2003 Breastfeeding Initiation Rate in SD



Source: Pediatric Nutrition Surveillance System data

Breastfeeding Class Attendance



Source: SD Perinatal Health Risk Assessment Report 2003

• *Breast milk* contains more beneficial ingredients and is easier to digest than infant formula, resulting in fewer cases of colic, and less stress on the infant's kidneys; contains antibodies and other anti-infective properties which can result in fewer cases of diarrhea, respiratory infections and other medical problems in breastfed infants; and is non-allergenic.

• According to the SD Perinatal Health Risk Assessment Report 2003, 75% of mothers received information from a doctor, nurse, or other health care professional about breastfeeding their infant.

Breastfeeding

The First Feeding After Delivery

- The baby's first feeding may take place within 30 minutes to an hour after the baby is born.
- The protection against infection that human milk provides is needed right after birth.
- Breast milk will also give the baby nutrients to prevent low blood sugar level.
- The early taste of milk also stimulates the baby to nurse better later.

Just the Facts-About Breast Milk

- It is easy for babies to digest.
- It does not need to be prepared.
- It costs nothing to make and is always in supply.
- It is good for the environment since there are not bottles, cans, and boxes to put in the garbage.

How Often Should You Breastfeed?

- Breastfed babies tend to feed more often than formula-fed babies, usually 8 to 12 times a day.
- Breastfed babies' stomachs empty much more quickly because human milk is so easy to digest.
- At first, a newborn will probably nurse every couple of hours, regardless of whether it's day or night.
- If the baby is not wanting to be fed, wake her/him up if 3 to 4 hours have passed since the last feeding. (Source: American Academy of Pediatrics)

Barriers to Breastfeeding

- ☞ The most common reasons that women did not breastfeed were because they did not want to or planned to go back to work or school.
- ☞ Other reasons women gave for not breastfeeding were that baby didn't breastfeed well, didn't think there was enough milk, baby preferred the bottle, and embarrassed in front of others. (SD Perinatal Health Risk Assessment Report 2001)

Why is Breastfeeding so Good?

- Human milk and infant formula are different, human milk has special benefits that formulas cannot match.
- Human milk helps to protect babies against certain diseases and infections.
- Because of the protective substances in human milk, breastfed children are less likely to have the following:
 - ↳ Ear infections (otitis media)
 - ↳ Allergies
 - ↳ Vomiting
 - ↳ Diarrhea
 - ↳ Pneumonia, wheezing, and bronchiolitis
 - ↳ Meningitis

Health Benefits for Mom

- ↳ Burns more calories and helps the mother get back to the weight she was before she got pregnant.
- ↳ Reduces the risk of ovarian cancer and, in pre-menopausal women, breast cancer.
- ↳ Builds bone strength to protect against bone fractures in old age.
- ↳ Delays the return of the mother's menstrual period, which may help extend the time between pregnancies.
- ↳ Helps the uterus return to its regular size more quickly.

Source: American Academy of Pediatrics

For More Information Contact:

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